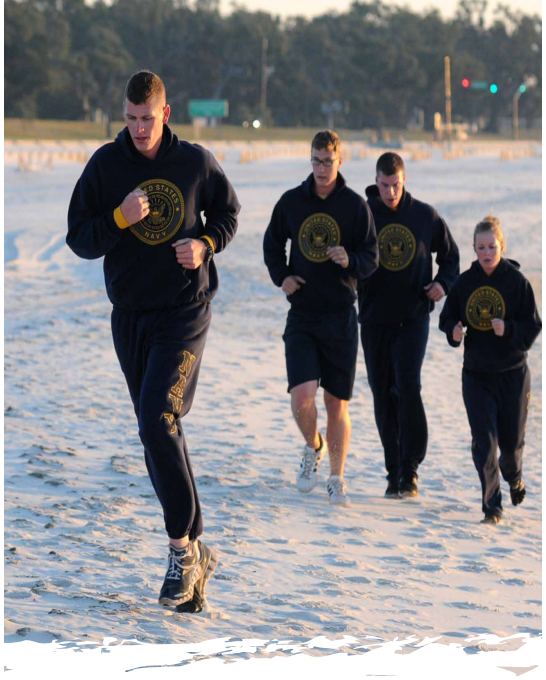

February 07, 2014

Health Promotion and Wellness
Friday Facts

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FEBRUARY IS HEART HEALTH MONTH!

Heart disease remains the number one killer of both men and women in the United States. While heart disease is often viewed as something to worry about when you get older, an estimated 41.4 million of the 83.6 million American adults who have cardiovascular disease are under the age of 60.[1] The good news is heart health can be improved at any age through a nutritious diet that is low in saturated fats and salt, moderate to vigorous physical activity most days of the week, maintaining a healthy weight, and managing stress. That is why throughout the month of February, in recognition of Heart Health Month, the Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Department will highlight resources to enhance heart health. Visit the Heart Health Toolbox for resources and information on reducing the risk of heart disease, including information on diet, exercise, blood cholesterol, blood pressure, blood sugar, smoking, and stress management. Additionally, check out our reproducible article "Heart Disease: Not Just Your Father's Problem" to learn more about the importance of heart health at any age.

1. American Heart Association Inc. Statistical Fact Sheet 2013 update. http://www.heart.org/idc/groups/heart-public/@wcm/@sop/@smd/documents/downloadable/ucm_319574.pdf. Published 2013. Accessed December 18, 2013.

UPCOMING CREWS INTO SHAPE CHALLENGE

It is almost time to start Crewsin'! The Crews into Shape Challenge, held every March in conjunction with National Nutrition Month®, is sponsored annually by NMCPHC. The goals of the four week challenge are to spark and guide workplace-focused, team-oriented, physical activity and increase fruit and vegetable intake among the whole DoD family.

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Crews must have 2-10 members (including the Crew Leader), and participants are encouraged to:

- Eat two cups of fruit and three cups of veggies per day
- Get aerobic exercise (moderately for 150 minutes per week or vigorously for 75 minutes per week) AND 2 days of muscle-strengthening exercise per week (each muscle-strengthening session must work all major muscle groups)
- Achieve a weight loss, weight maintenance or weight gain goal (no more than eight pounds over the four weeks)

Participants will also receive health information via the weekly newsletter "Crews News."

For additional information, rules, forms and marketing materials please visit the Crews Into Shape website, like the NMCPHC Facebook page, or contact Dawn Whiting at dawn.whiting.ctr@med.navy.mil.

HEALTH PROMOTION AND WELLNESS RESOURCES TO REDUCE SHORT-TERM COMORBID RISKS AMONG WOUNDED, ILL, AND INJURED (WII) SAILORS AND MARINES WITH TRAUMATIC AMPUTATIONS

New Report for Wounded, Ill, and Injured Service Members

In the continued effort to provide evidence-based resources to WII service members, the Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Department and the EpiData Center (EDC) released a report that studied health encounters experienced by WII Sailors and Marines with traumatic amputations. The purpose of this assessment was to identify HPW resources that could be used during the acute phase of treatment and rehabilitation of WII members for preventable chronic diseases.

The report revealed that major-limb traumatic amputations comprise more than 1,700 injuries for service members from 2001-2012. Additionally, literature and epidemiologic surveillance data of WII members shows trends of increased care for behavioral health, along with referrals for nutrition counseling and tobacco cessation.

Resources to Use

The HPW Department designed several resources to guide WII service members and their families through their recovery.

- Life After an Amputation
- Nutrition
- Navigating Stress
- Post-Traumatic Stress Disorder (PTSD)
- Tobacco Cessation
- Substance Abuse

HPW Strategy for Early Phase Recovery

- Learn new stress management skills and behavior change strategies
- Cease any smoking or excessive alcohol intake
- Follow nutritious eating habits to maintain a healthy weight
- Follow a comprehensive physical activity plan

For more information on this subject and to read the report, go to: http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/default.aspx

ABOUT ALL – NAVY SPORTS

All-Navy Sports allows Sailors who possess the athletic skills to compete above the intramural level, in team or individual sports, with a chance to represent the Navy at higher-level athletic competitions.

All-Navy teams participate in the Department of Defense's Sports program and compete in the Armed Forces Championships against teams from the Marine Corps, Army and Air Force. The program, which was established in 1975, started with a meager calendar of just three sports. Today there are 14 team sports that are open to both men and women and one sport designated strictly for men.

Vision: To reach and develop Sailor athletes who have demonstrated the skills required to participate in higher-level sports competition, and enable them to serve as goodwill ambassadors representing the Navy, while keeping with the highest traditions of the United States Navy.

Mission: To provide seamless fiscal, logistical and administrative support, thus enabling Sailor athletes to focus on the mission at hand and enhance their overall Navy experience.

ACTIVE LIVING: For further information about Active Living, visit the NMCPHC Active Living Website: http://www.med.navy.mil/sites/nmcphc/health-promotion/active-living/Pages/active-living.aspx

DON'T STRESS OUT YOUR HEART! TAKE A DEEP BREATH, AND RELAX!

Stress is a daily fact of life for most people. The term "stress" refers to the body's response to life's challenges. There are different types of stress, such as acute and chronic stress. Acute stress lasts for a relatively short period of time and is commonly caused by an event. Examples of acute stress include a permanent change of station or a car accident. Chronic stress occurs repeatedly or constantly overtime. Work demands, family or marital conflict, daily tasks, and chronic illness are examples of chronic exposures to stress. Often times, it is difficult for a person to recognize that they are reacting to stress. Irritability, sleep problems, anxiety, and increased alcohol use can all be reactions to stress.

Stress is not always caused by a negative experience and it can be a response to positive circumstances such as having a new baby or getting married. Positive or negative, the body responds to the challenge. If stress is not managed, then this response can negatively impact heart and blood vessel health. While the reasons why remain unclear, it is thought that stress may serve to increase a person's risk for heart disease either directly or indirectly by worsening other risk factors (e.g. high cholesterol and high blood pressure). The use of negative coping strategies to deal with stress such as eating poorly, overeating, smoking, excessive drinking, or decreasing physical activity can place a person at risk for developing heart disease.

While it is not always possible to prevent the events and circumstances that cause stress, a person's reaction to dealing with life's challenges can be modified in order to manage stress in a healthful way. Coping strategies such as regular exercise, relaxation techniques, meditation, participation in sports or community activities, or talking to a trusted friend can help soften the effects of stress on the body and contribute to good heart health.

There are a variety of resources to assist Sailors and Marines in navigating stress. For help reducing stress through deep relaxation, access the HPW's Relax Relax Toolkit. Additional resources and examples of healthy ways to cope with stress can be found on the HPW Navigating Stress page, Real Warriors Campaign website, and via Navy Operational Stress Control.

For information about depression and heart disease visit the National Institute of Mental Health.

DEFENSE AND VETERANS BRAIN INJURY CENTER RELEASES NEW CLINICAL RECOMMENDATIONS

The Defense and Veterans Brain Injury Center (DVBIC) recently released new clinical recommendations to help service members who have sustained a concussion (i.e. mild traumatic brain injury or mTBI) gradually return to activity. The "Progressive Return to Activity Following Acute Concussion/Mild Traumatic Brain Injury: Guidance for the Primary Care Manager and the Rehabilitation Provider in the Deployed and Non-deployed Setting" resource suite includes clinical support tools for primary care managers and rehabilitation providers. For additional information visit the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury and the DVBIC website.

GREAT AMERICAN SPIT OUT

The annual February "Through with Chew Week" and the "Great American Spit Out" promote tobacco free living and quitting smokeless tobacco and are traditionally held the third week of February! You can find information and resources to support your efforts and those quitting around you from DoD Quit Tobacco Make Everyone Proud www.ucanquit2.org and at: Through with Chew http://www.throughwithchew.com/

SURGEON GENERAL'S REPORT ON TOBACCO

On the 50th anniversary of the first report, the "2014 Surgeon General's Report: The Health Consequences of Smoking-50 Years of Progress" was released. The report looks at how tobacco use has decreased over the last 50 years and the work still needed, as well as addresses the numerous health effects from smoking and secondhand smoke exposure. To access the report visit: http://www.cdc.gov/tobacco/data_statistics/sgr/50th-anniversary/index.htm. There is also a shorter consumer version entitled "Let's Make the Next Generation Tobacco Free" at: http://www.surgeongeneral.gov/library/reports/50-years-of-progress/consumer-guide.pdf

CDC LAUNCHES NEW TOBACCO CAMPAIGN

CDC has launched the 2014 "Tips from Former Smokers Campaign". News ads will run on TV and new resources are also available at the following site: http://www.cdc.gov/tobacco/calendar/feb/tips/index.htm

THE FOOD AND DRUG ADMINISTRATION (FDA) RELEASES ITS FIRST TOBACCO CAMPAIGN AIMED AT YOUTH

The "Real Costs Campaign" targets at-risk youth aged 12-17 who are open to smoking or already experimenting with cigarettes and will utilize many media platforms such as TV, radio, print, and online to promote their campaign messages. The campaign aims to address the risk from every cigarette someone smokes by highlighting consequences that youth are concerned about, such as loss of control due to addiction and health effects like tooth loss and skin damage. In addition the campaign will also have messaging related to menthol cigarettes as data indicates youth are more likely to use this type of tobacco product.

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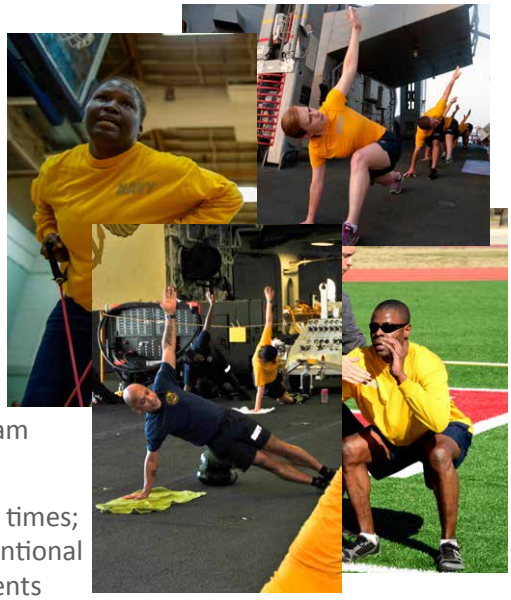
More information about the campaign and the overview can be found at:

http://www.fda.gov/AboutFDA/CentersOffices/OfficeofMedicalProductsandTobacco/AbouttheCenterforTobaccoProducts/PublicEducationCampaigns/TheRealCostCampaign/default.htm. The campaign website for teens is at: http://therealcost.betobaccofree.hhs.gov/.

NOFFS STUDY OUTCOMES SHOW SIGNIFICANT IMPROVEMENT FOR PARTICIPANTS



By Chief Mass Communication Specialist (SW/AW) Monique K. Hilley

WASHINGTON (NNS) -- Navy Fitness conducted a 12-week study to evaluate the relative effectiveness of Navy Operational Fitness and Fueling System (NOFFS) workouts and released the outcomes Jan. 31.

The results revealed that NOFFS participants showed greater improvements in all areas than those participating in command fitness leader (CFL) led physical training (PT) sessions.

"The purpose of the study was pretty straight forward," said Lisa Sexauer, Commander, Navy Installations Command's Navy Fitness program manager. "We wanted to know if NOFFS was effective."

All groups improved in FMS scores, PFA components and Functional Test times; however, all NOFFS groups showed greater improvement than the conventional CFL-led PT group in each category. Also, waist circumference measurements decreased for all NOFFS groups, while the CFL-led PT group demonstrated a slight increase in waist circumference. This is significant to note because waist circumference is a leading health indicator for a multitude of preventable diseases such as heart disease, diabetes, and some cancers.

To view the entire article go to: http://www.navy.mil/submit/display.asp?story_id=78950

For further information on active living programming, visit the NMCPHC Active Living Website: http://www.med.navy.mil/sites/nmcphc/health-promotion/active-living/Pages/active-living.aspx or the CNIC Fitness website at www.navyfitness.org

IN THE NEWS

Introducing New Clinical Recommendations for Concussion Recovery - DCoE